



UCOOK

Sri Lankan-style Coconut Dahl

with chickpea cabbage bhajis

On a dreamy, coconut creamy bed of dahl lies golden baby marrow, topped with lemon, and coriander-infused coconut yoghurt. Sided with homemade (by you, Chef!) bhajis. Garnished with a sprinkle of toasted coconut flakes and sliced chilli.


Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

45g	Coconut Flakes
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
60ml	NOMU Indian Rub
225ml	Dried Lentils <i>rinsed</i>
300ml	Coconut Cream
772,5ml	Bhaji Mix <i>(750ml Chickpea Flour & 22,5ml Baking Powder)</i>
3	Fresh Chillies <i>deseeded & roughly sliced</i>
300g	Cabbage <i>finely sliced</i>
90ml	Coconut Yoghurt
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
2	Lemons <i>1½ cut into wedges</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. GO COCONUTS Boil the kettle. Place a pot over medium heat with the coconut flakes. Toast for 2-4 minutes until lightly golden. Remove from the pot.

2. LET'S COOK THE LENTILS Return the pot to a medium heat with a drizzle of oil. When hot, add the spring onion whites and fry for 3-4 minutes until soft, shifting occasionally. Add ¾ of the rub and fry for 1-2 minutes until fragrant, shifting constantly. Add the rinsed lentils, the coconut cream, and 750ml of boiling water. Bring to the boil. Reduce the heat and simmer for 20-25 minutes until the lentils are tender and the sauce is thickening. Season with a sweetener of choice, salt, and pepper.

3. HOMEMADE AND HANDMADE BHAJI In a bowl, combine the bhaji mix with the remaining rub. Gradually mix in 240ml of water until a yoghurt consistency. Loosen with an extra splash of water if it's too thick. Add the spring onion greens, ½ the sliced chilli (to taste), and the sliced cabbage. Mix until combined and set aside. In a small bowl, combine the yoghurt, ½ the chopped coriander, a squeeze of lemon juice, and seasoning. Set aside.

4. YEAH BABY MARROWS Place a deep pan over a medium heat with a drizzle of oil. When hot, add the baby marrow chunks and fry for 4-5 minutes until lightly golden and charred, shifting occasionally. Season and remove from the pan.

5. FLAVOURBOMB FRITTER Return the pan to a medium-high heat with 4-5cm of oil. When hot, scoop in 1 tbsp of batter per bhaji until there are 8-10 bhajis per portion. Fry for 2-3 minutes until cooked through and golden, flipping halfway. On completion, drain on paper towel, spread out on a tray, and season.

6. A DINNER DAHL-IGHT! Make a bed of the creamy dahl. Top with the charred baby marrow and dollop over the lemony-coriander yoghurt. Sprinkle over the toasted coconut flakes. Serve the crispy bhajis on the side and garnish with a sprinkle of the remaining sliced chilli (to taste) and coriander. Finish off with a squeeze of lemon juice. Delicious, Chef!

Nutritional Information

Per 100g

Energy	778kj
Energy	186kcal
Protein	8.8g
Carbs	23g
of which sugars	5.1g
Fibre	5.9g
Fat	6.6g
of which saturated	4.3g
Sodium	131mg

Allergens

Allium, Sulphites

Cook
within
4 Days